**NORTH WALES CROSS COUNTRY CHAMPIONSHIPS 2015**

**(supported by Grand Prix Express)**

**ORGANISED BY DEESIDE ATHLETIC CLUB**

**at The Glyndŵr University Campus, Northop Saturday, January 24th, 2015**

**SENIOR MEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | I Hughes | U20 | Menai | 29m | 59s |
| 2 | D Kashi |  | Eryri | 31m | 00s |
| 3 | D Weston | M35 | Wrexham |  | 08s |
| 4 | D Rowlands | M45 | Wrexham |  | 18s |
| 5 | S Sayer |  | Menai |  | 59s |
| 6 | J Mills |  | Unattached | 32m | 17s |
| 7 | H O’Donnell | M35 | Eryri |  | 54s |
| 8 | I Houston | M45 | Wrecsam Tri | 33m | 18s |
| 9 | I Jones | M40 | Coventry Godiva |  | 21s |
| 10 | W Sheridan |  | Deeside |  | 38s |
| 11 | A Campbell | M40 | Wrecsam T C |  | 49s |
| 12 | G Blackwell | M45 | Deeside |  | 55s |
| 13 | R Jones | M50 | Shrewsbury | 34m | 44s |
| 14 | C Davies | M40 | Deestriders |  | 50s |
| 15 | M Robbins | M50 | Wrexham | 35m | 12s |
| 16 | I Rowlands | M45 | Cybi Strders |  | 45s |
| 17 | A Lewis | M55 | Eryri |  | 56s |
| 18 | B Beachell | M45 | Eryri | 36m | 11s |
| 19 | G Nicholls | M45 | Prestatyn |  | 12s |
| 20 | M Copus |  | Maldwyn |  | 19s |
| 21 | O Conry | M45 | Denbigh |  | 32s |
| 22 | D A Jones | M 40 | Eryri |  | 39s |
| 23 | A Woodall | M40 | Eryri | 37m | 00s |
| 24 | G Porter-Jones | M45 | Eryri |  | 19s |
| 25 | M Austin | M40 | Buckley |  | 32s |
| 26 | H Jones | M50 | Shrewsbury |  | 40s |
| 27 | D Baugh | M55 | Denbigh |  | 48s |
| 28 | D Davies |  | Prestatyn |  | 58s |
| 29 | D Owen |  | Maldwyn | 38m | 12s |
| 30 | M Mayers |  | Abergele |  | 28s |
| 31 | P Jenkinson | M45 | Eryri |  | 31s |
| 32 | I T Mulligan | M45 | C Bay |  | 57s |
| 33 | M V Jones | M45 | Buckley | 39m | 16s |
| 34 | R Williams | M40 | Cybi Striders |  | 37s |
| 35 | I Tayor | M45 | C Bay |  | 45s |
| 36 | K Challinor | M50 | Deeside |  | 51s |
| 37 | I Bayliss | M50 | Buckley | 40m | 33s |
| 38 | T Benton | M50 | Denbigh |  | 42s |
| 39 | D Davies | M55 | Prestatyn | 41m | 30s |
| 40 | D Battersby |  | Abergele |  | 51s |
| 41 | P Hooson | M50 | Wrecsam T C | 42m | 30s |
| 42 | R Cheetham | M45 | Prestatyn | 43m | 17s |
| 43 | K Roberts |  | Denbigh | 47m | 02s |
| 44 | J Whitehead | M40 | Denbigh | 48m | 13s |
| 45 | M Jones | M40 | Denbigh | 54m | 51s |

**TEAMS**

1. Eryri Harriers 89 pts
2. Denbigh Harriers 218 pts

**MALE MASTERS TEAMS**

1. Wrexham AAC 13 pts
2. Eryri Harriers ‘A’ 28 pts
3. Wrecsam T.C. 41 pts
4. Eryri Harriers ‘B’ 51 pts
5. Denbigh Harriers 65 pts
6. Buckley R.C. 71 pts
7. Prestatyn R.C. 76 pts

**OVER 60 MALE MASTERS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | S.P Jones | M60 | Eryri | 26m | 11s |
| 2 | S Roberts | M60 | Oswestry | 28m | 07s |
| 3 | G Nixon | M60 | Prestatyn | 29m | 40s |
| 4 | E.E. Edwards | M60 | Eryri | 30m | 24s |
| 5 | L Coathup | M60 | Buckley |  | 46s |
| 6 | P English | M65 | Denbigh | 31m | 39s |
| 7 | P Walker | M65 | Wrexham | 32m | 13s |
| 8 | F.W. Jones | M60 | Denbigh |  | 25s |
| 9 | I Jones | M65 | Wrecsam T.C. | 33m | 06s |
| 10 | C Copus | M60 | Maldwyn |  | 18s |
| 11 | S Hatfield | M65 | Prestatyn |  | 26s |
| 12 | D Owen | M65 | Prestatyn | 37m | 48s |
| 13 | R Mackey | M65 | Buckley | 39m | 42s |

**TEAMS**

1. Prestatyn R.C. 26 pts

**OVER 70 MALE MASTERS**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | D Williams | M70 | Eryri | 30m | 14s |
| 2 | A Egan | M70 | Wrexham | 31m | 36s |
| 3 | J Morris | M70 | Buckley | 32m | 01s |
| 4 | D Hughes | M75 | Prestatyn | 34m | 00s |
| 5 | T Harper | M75 | Wirral | 39m | 11s |
| 6 | R Billington | M80 | Wrexham | 43m | 28s |
| 7 | J Tipping | M75 | Wrexham | 48m | 17s |

**TEAMS**

1. Wrexham A.A.C. 13 pts

**UNDER 20 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | O Roberts | Eryri | 23m | 53 |
| 2 | M Blackwell | Deeside | 24m | 59s |
| 3 | A Ryder | Prestatyn | 29m | 14s |
| 4 | B Harrison | Prestatyn | 33m | 05s |

**UNDER 17 MEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | C Smith | Wrexham | 20m | 23s |
| 2 | C Linton | Menai |  | 27s |
| 3 | J Spill | Eryri |  | 34s |
| 4 | R Cain | Menai | 22m | 10s |
| 5 | S Sussex | Wrexham | 23m | 22s |
| 6 | S. B. Williams | Eryri | 24m | 20s |
| 7 | A Williams | Wrexham | 25m | 30s |

**TEAMS**

1. Wrexham A.A.C. 13 pts

**UNDER 15 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | O Barbaresi | Menai | 14m | 21s |
| 2 | J Crutchley | Maldwyn | 15m | 56s |
| 3 | S Jones | Menai | 16m | 17s |
| 4 | R Finnie | Menai |  | 38s |
| 5 | S Holt | C Bay |  | 54s |
| 6 | I Oldfield | Wrexham | 17m | 55s |
| 7 | K Saul | Maldwyn | 20m | 10s |

**TEAMS**

1. Menai T+F 8 pts

**UNDER 13 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | O Perrin | Menai | 10m | 33s |
| 2 | D Gill | Maldwyn |  | 52s |
| 3 | J Jones | Deeside | 11m | 03s |
| 4 | E Potter | Menai |  | 04s |
| 5 | M Spill | Eryri |  | 16s |
| 6 | C La Trobe-Roberts | Menai |  | 22s |
| 7 | W Harding | Deeside |  | 25s |
| 8 | B Bright | Deeside |  | 36s |
| 9 | D Stokes | Maldwyn |  | 45s |
| 10 | J Jones | Deeside |  | 55s |
| 11 | H Peffers | Deeside | 13m | 10s |

**TEAMS**

1. Menai T+F 11 pts
2. Deeside AAC 18 pts

**UNDER 11 BOYS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | I H Oldfield | Bryn Coch | 8m | 41s |
| 2 | J Wynne | Maldwyn |  | 46s |
| 3 | G Soley | Menai | 9m | 24s |
| 4 | K Hughes | Bryn Coch |  | 24s |
| 5 | W Smart | Clawdd Offa |  | 25s |
| 6 | C Owen | Maldwyn |  | 26s |
| 7 | T Norwood | Bryn Coch | 10m | 15s |
| 8 | M Anthony | Bryn Coch |  | 23s |
| 9 | D Hughes | Bryn Coch |  | 30s |
| 10 | M Gilbert | Penmorfa |  | 33s |
| 11 | W Nash | Bryn Coch |  | 36s |
| 12 | J Jones | Clawdd Offa |  | 40s |
| 13 | A Peffers | Deeside |  | 41s |
| 14 | O Loren | Bryn Coch |  | 47s |
| 15 | T Lahraoui | Bryn Coch |  | 55s |
| 16 | J Cain | Menai |  | 55s |
| 17 | G Watson | Hawarden |  | 59s |
| 18 | B Reidford | Hawarden | 10m | 02s |
| 19 | A Sambrooks | Clawdd Offa |  | 03s |
| 20 | L Grugel | Hawarden |  | 04s |
| 21 | Z Thomas | Deeside |  | 09s |
| 22 | M Davison | Hawarden |  | 18s |
| 23 | O Wilkinson | Hawarden |  | 18s |
| 24 | M Williams | Bryn Coch |  | 18s |
| 25 | I Walsh | C. Bay |  | 19s |
| 26 | B Higham | Hawarden |  | 23s |
| 27 | H Owen | Bryn Coch |  | 27s |
| 28 | E McLoughlin | Clawdd Offa |  | 28s |
| 29 | M Swash | Bryn Coch |  | 31s |
| 30 | S Moody | Hawarden |  | 34s |
| 31 | O Elmer | Hawarden |  | 35s |
| 32 | L McManus | Bryn Coch | 11m | 04s |
| 33 | T Bamber | Clawdd Offa |  | 07s |
| 34 | S Morgan | Hawarden |  | 14s |
| 35 | T Coombs | Hawarden |  | 20s |
| 36 | F Evans | Hawarden |  | 30s |
| 37 | O Loundes | Hawarden |  | 56s |
| 38 | T Hebden | Hawarden |  | 56s |
| 39 | T Brennan | Hawarden | 12m | 35s |
| 40 | A Wilkinson | Hawarden |  | 49s |
| 41 | B Norry | Hawarden |  | 59s |
| 42 | J Williams | Hawarden | 13m | 05s |
| 43 | T Hoolin | Clawdd Offa |  | 06s |
| 44 | S Rice-Jones | Bryn Coch |  | 27s |
| 45 | W Jannery | Hawarden |  | 31s |
| 46 | H Chambers | Bryn Coch |  | 41s |
| 47 | H McConnachie | Hawarden |  | 42s |
| 48 | J Glover | Hawarden | 14m | 43s |
| 49 | J Morris | Hawarden | 15m | 14s |
| 50 | L Jones | Hawarden | 15m | 22s |
| 51 | B Higham | Hawarden |  | 27s |

**TEAMS**

1. Ysgol Bryn Coch, Mold ‘A’ 12 pts
2. Ysgol Bryn Coch, Mold ‘B’ 28 pts
3. Ysgol Clawdd Offa, Prestatyn 36 pts
4. Hawarden Village Church School 55 pts

**SENIOR WOMEN**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | G Paletta |  | Wrexham | 23m | 43s |
| 2 | A Rowlands | W40 | Eryri | 24m | 17s |
| 3 | L Wright | W45 | Wrexham |  | 50s |
| 4 | A Mὕller |  | W. Cheshire |  | 58s |
| 5 | L Morley | W40 | Wrexham | 26m | 14s |
| 6 | V Whitehead | W40 | Denbigh |  | 40s |
| 7 | H Evans | W35 | Buckley |  | 50s |
| 8 | T Williams | W50 | Denbigh |  | 54s |
| 9 | M Hughes | W35 | Eryri |  | 57s |
| 10 | H MacArthur | W45 | C Bay | 27m | 20s |
| 11 | B Law |  | Eryri | 28m | 01s |
| 12 | S Rowlands | W45 | Eryri |  | 13s |
| 13 | M Ludden | W50 | Buckley |  | 34s |
| 14 | H Blair | W45 | Eryri |  | 48s |
| 15 | A Williams | W40 | Buckley | 29m | 05s |
| 16 | C Birch | W65 | Abergele |  | 09s |
| 17 | E Salisbury | W50 | Eryri |  | 23s |
| 18 | G Waring | W55 | Prestatyn |  | 32s |
| 19 | K Baugh |  | Denbigh |  | 55s |
| 20 | J Penrhyn-Jones | W50 | Prestatyn | 30m | 04s |
| 21 | J Lewis | W40 | Prestatyn |  | 09s |
| 22 | J Lindley | W45 | Buckley |  | 27s |
| 23 | A Donnelly | W45 | Eryri |  | 50s |
| 24 | M Baugh | W55 | Denbigh | 33m | 32s |
| 25 | M Oliver | W65 | Eryri |  | 52s |
| 26 | G Csizmadia | W50 | Wrexham | 34m | 08s |
| 27 | V Edwards | W55 | Menai |  | 36s |
| 28 | B Jones | W70 | B Dysynni | 37m | 02s |
| 29 | J Paletta | W50 | Wrexham | 38m | 35s |

**TEAMS**

1. Eryri Harriers 34 pts
2. Wrexham AAC 35 pts
3. Buckley R.C. 57 pts
4. Denbigh Harriers 57 pts

**LADY MASTERS TEAMS**

1. Eryri Harriers 17 pts
2. Buckley R.C. 27 pts
3. Wrexham A.A.C 27 pts
4. Denbigh Harriers 30 pts
5. Prestatyn R.C 48 pts

**UNDER 20 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | Bronwen Jenkinson | Eryri | 26m | 01s |
| 2 | Elen Baugh | Denbigh | 32m | 30s |

**UNDER 17 WOMEN**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | C Hughes | Menai | 16m | 27s |
| 2 | M Davies | Menai | 17m | 58s |
| 3 | V Gittins | Maldwyn | 20m | 11s |
| 4 | C Evans | Maldwyn | 21m | 00s |

**UNDER 15 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | H Roberts | C. Bay | 11m | 19s |
| 2 | M Owen | Deeside |  | 24s |
| 3 | S Paxton | Wrexham |  | 58s |
| 4 | S Walker | Maldwyn | 12m | 28s |
| 5 | C Donnelly | Menai |  | 28s |
| 6 | L Lawrence | Menai |  | 32s |
| 7 | C Howell-Williams | Menai |  | 50s |

**TEAMS**

1. Menai T+F 18 pts

**UNDER 13 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | M Roberts | Deeside | 8m | 27s |
| 2 | E Jones | Oswestry |  | 37s |
| 3 | F Davis | Deeside |  | 44s |
| 4 | K Jerman | Maldwyn | 9m | 09s |
| 5 | K Pugh | Oswestry |  | 25s |
| 6 | Ff M Rees Jones | Menai |  | 26s |
| 7 | B Davies | C. Bay |  | 28s |
| 8 | H Palin | Deeside |  | 30s |
| 9 | R Edwards | Deeside | 10m | 17s |
| 10 | J Cain | Menai |  | 31s |
| 11 | I Owen | Deeside | 11m | 10s |

**TEAMS**

1. Deeside AAC 12 pts

**UNDER 11 GIRLS**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 | E Scott | Penmorfa | 5m | 39s |
| 2 | N Roberts | Deeside |  | 42s |
| 3. | S Jones | Menai |  | 50s |
| 4 | G Parkinson | Menai | 6m | 08s |
| 5 | H Smith | Bryn Coch |  | 19s |
| 6 | A Parkinson | Menai |  | 26s |
| 7 | A D Rees Jones | Menai |  | 33s |
| 8 | E Lloyd Davies | Oswestry |  | 37s |
| 9 | J Williams | Hawarden |  | 59s |
| 10 | K Williams | Clawdd Offa |  | 59s |
| 11 | E Edwards | Deeside | 7m | 09s |
| 12 | S Merton | Maldwyn |  | 26s |
| 13 | C Hargreaves | Penmorfa |  | 53s |
| 14 | T Linley | Penmorfa |  | 54s |
| 15 | H Sargent | Bryn Coch |  | 54s |
| 16 | M Griffiths | Clawdd Offa |  | 55s |
| 17 | E White | Penmorfa | 8m | 04s |
| 18 | E Jones | Bryn Coch |  | 12s |
| 19 | G Cruse | Penmorfa |  | 24s |
| 20 | K Hargreaves | Penmorfa |  | 34s |
| 21 | I Witty | Hawarden |  | 35s |
| 22 | L Richardson | Hawarden | 9m | 00s |
| 23 | C Townend | Hawarden |  | 11s |
| 24 | B Griffiths | Clawdd Offa |  | 23s |
| 25 | K Bragg | Hawarden |  | 43s |
| 26 | T Price | Hawarden |  | 55s |

**TEAMS**

1. Menai T+F 13 pts
2. Ysgol Penmorfa, Prestatyn 28 pts
3. Ysgol Bryn Coch, Mold 38 pts
4. Ysgol Clawdd Offa, Prestatyn 50 pts
5. Hawarden Village Church School 52 pts

Happily the weather was much better than in 2014 so we had an excellent 2015 Championships with many competitive races and impressive winners. I would just wish to point out the success of Menai’s Iolo Hughes who became the senior men’s champion on the occasion of the race’s 60th anniversary – congratulations. An extremely promising 18 year old!! The Northop course is ideal for this event and it was pleasing to hear so many athletes praising the preparations and surprised how dry the course was despite the amount of rain we have had recently.

We thank The Glyndŵr University for allowing us to use their facilities and are extremely grateful to everyone at Deeside Athletic Club for hosting the championships. John Messum and Denise Harris have co-ordinated the work and I’m certain they will feel very pleased with the final result.

A big ‘thank you’ to the members of St John Cymru Wales for their attendance – we are grateful for all they do on our behalf.

John Purdie of Charisma Trophies continues to provide us with top class trophies and medals as well as giving us an extremely generous discount – thank you.

Many thanks also to our referee, Bernard Jones and the faithful band of volunteer officials who are always willing to give up their day in order that the event goes on without a hitch – as I always say we would have not have a Championships without their support.

And, finally, our sincere thanks to the 224 athletes who took part in the 2015 Championships. We hope you enjoyed the experience and look forward to seeing you all again at the 2016 event.

Diolch yn fawr Thank you

David Alun Williams